

JANUARY 26 - FEBRUARY 1

UNIACTIVE WOLLONGONG CAMPUS TIMETABLE

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
7:30AM		AQUAFIT 60 minutes	AQUAFIT 60 minutes	PILATES 45 minutes	AQUAFIT 60 minutes		
		PILATES 45 minutes			BODYBALANCE 45 minutes		
9:15AM						PILATES 45 minutes	
						RPM 45 minutes	
9:30AM	PILATES 45 minutes						
12:30PM		RPM 45 minutes	PILATES 45 minutes	BODYBALANCE		PILATES 45 minutes	
						45 minutes	
2:30PM							PILATES 45 minutes
4:30PM		BODYPUMP 45 minutes	PILATES 45 minutes		BODYPUMP 45 minutes		
4:45PM					RPM 45 minutes		
5:20PM					BODYPUMP HEAVY 45 minutes		
5:30PM		RPM 45 minutes	RIDE 45 minutes		YIN YOGA 60 minutes		
		BARRE PILATES 45 minutes	ZUMBA 45 minutes				
6:20PM			YOGA 60 minutes				

CLASS LOCATION KEY:

GYM FLOOR

GX STUDIO

POOL

CYCLE STUDIO

SPORTS HUB TIMETABLE

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
5:15AM		FMT STRENGTH 60 minutes					
5:45AM			HYROX 60 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 60 minutes		
6:10AM		FMT STRENGTH 60 minutes					
8:30AM	FMT ATHLETIC 60 minutes					FMT STRENGTH 60 minutes	HYROX 60 minutes
11:45AM		FMT STRENGTH 60 minutes	FMT ATHLETIC 60 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 45 minutes		
3:30PM						FMT ATHLETIC 45 minutes	UPPER BODY RIG STRENGTH 60 minutes
5:00pm			FULL BODY RIG STRENGTH 60 minutes		FMT ATHLETIC 45 minutes		
5:45pm				HYROX 60 minutes			
6:00pm		FMT STRENGTH 60 minutes	FMT STRENGTH 60 minutes	UPPER BODY RIG STRENGTH 60 minutes			
		LOWER BODY RIG STRENGTH 60 minutes					

JANUARY 26 - FEBRUARY 1

INNOVATION CAMPUS TIMETABLE

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
6:00AM		YOGA 60 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 60 minutes	FMT STRENGTH 60 minutes		
9:00AM		PILATES 45 minutes	OVER 55s 45 minutes	PILATES 45 minutes	OVER 55s 45 minutes		
12:00PM		PILATES 45 minutes	FMT STRENGTH 60 minutes	FMT ATHLETIC 60 minutes	PILATES 45 minutes		

CLASS LOCATION KEY:

IC GYM

CITY FUNCTION ROOM

REFORMER PILATES TIMETABLE

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
6:15AM	45 minutes	45 minutes	45 minutes	45 minutes	45 minutes		
8:15AM						45 minutes	
9:15AM						45 minutes	
12:30PM			45 minutes		45 minutes		
4:45PM		45 minutes	45 minutes	45 minutes			
5:30PM		45 minutes	45 minutes	45 minutes			

CLASS LOCATION KEY:

REJUVENATE STUDIO